

2008 FALL FLAG FOOTBALL (Revised 7/30/08)



Welcome to the Flag Football League offered by the Durham Parks and Recreation Department. We will be offering both a Men's, Women's, and Co-Ed Flag Football league this fall. The rules in this packet apply to all leagues. If you have any questions after reviewing this information feel free to call Michael Patterson at 560-4355, ext. 221. Thanks for being part of such a fun and exciting recreational experience.

"DPR provides opportunities for our community to Play More!"

1. Registration Fee of \$280.00
2. Completed Contracts & Team Roster (at least 9 rosters)
3. Non-Durham City resident fees--\$20.00 per non-resident
4. There will be a coaches meeting on Tuesday August 19, 2008 at 6:30 pm. at the Durham Parks and Rec. offices, 400 Cleveland St., downtown Durham. A representative from each team MUST attend.

Make-up Day:	Sundays
Location:	Pineywood Park
Time:	Saturdays/ Some Sundays

*******Roster Changes*******

Coaches will be able to add/delete players to his/her roster at the downtown office each Friday until September 28th, 9am to 4:30pm. Faxes will not be accepted.

**Change dates: Friday, September 5th
 Friday, September 12th
 Friday, September 19th
 Friday, September 26th**

1.00 Sportsmanship

1.01 Code of Conduct

A. Rules of Conduct

Sportsmanship guidelines will be given to each team prior to the season play beginning. It is the team representative's responsibility to inform everyone associated with his/her team (assistant coach, players, team followers, team spectators, scorekeeper, etc.) of these guidelines and the associated penalties for their violation. ***Ignorance of the rules of conduct is no excuse!***

B. Players shall observe the highest level of sportsmanship.

C. **Judgment rulings of the officials and linesmen SHALL NOT BE QUESTIONED.**

D. The official may call a game for reasons of unsportsmanship if, in his/her opinion, a travesty of the game is being made, a poor example is being displayed, or if foul or abusive language is being used by fans, players, coaches, or parents.

2.00 The Season

2.01 Illegal Players

A. Facility Supervisors will have a copy of every team's roster at the facility. If, at any time, the facility supervisor or league coordinator has suspicion of an illegal player, he/she may ask to see that person's identification card. If that person cannot produce an identification card (ex. Driver's license), then that person will not be allowed to participate in the game at hand. If the person produces an ID and is not on that team's roster, then that person will be suspended for the remainder of the season, and all games that that person has played in will be declared a forfeit. The coach will also be suspended for the remainder of the season.

B. Captains are responsible for checking their rosters with the Facility Supervisor to make sure all contracts are turned in before the match and are reflected on the Facility Supervisor's copy of their roster.

C. Upon request by the facility supervisor or any other Parks and Recreation Department staff, a participant must provide positive (STATE) identification, which includes a picture and present address (i.e. Driver's License). Student identification will be accepted. NOTE** This request for ID may not be made in situations in which staff has definite knowledge of a participant. Failure to provide proper ID as outlined above will result in the participant in question being declared ineligible.

2.02 Rescheduling Games

Games will only be rescheduled for inclement weather conditions, conflicts with playing sites, or severe emergency situations (i.e. death). Games will be rescheduled on Sundays during the season, the exact make up dates are on the schedule.

2.03 Forfeits

Forfeits are strongly discouraged. Once a team reaches 3 forfeits, that team will pay an \$80 fine or exit the league. On the fourth forfeit, that team will automatically be dismissed from the league without a refund. If a captain is aware that his/her team will have to forfeit a game, please let the league coordinator know as soon as possible. Once a forfeit has been declared, the decision may not be reversed. If a forfeit has been declared and then games are cancelled due to weather conditions, the forfeit still stands. In the event a team drops out of the league or is expelled from the league, teams should follow their game schedule until otherwise notified by the Recreation Department. Once notified, all other games will be removed from the schedule and all wins and losses will be null and void.

2.04 Season Record/Ties

First and/or second place: In the event of a tie, we will use the season series (head to head games) to determine the place of the team. If a tie still remains the team with the most total points all season will be the 1st place winner. Ties beyond 1st and 2nd will be determined by a coin toss.

2.05 Post Season Tournament

A single elimination tournament will immediately follow the regular season games. Tournament brackets will be emailed out following the end of season play. The supervisor will also have a copy for you to look at. Each team is responsible for making sure their standings and scores are correct as they are sent out to them. Prizes will be awarded to the winners.

3.00 Safety

3.01 Jewelry Rule

A. NO Jewelry is allowed on a person in a game. If a player steps onto the field with jewelry on, the official will ask them to take it off, if they refuse to take it off the player will not be allowed to play. Jewelry includes all bracelets, necklaces, rings, earrings, and body piercing that is not covered by clothing.

3.02 Equipment

A. If the referee considers any article liable to cause injury to another player, including head, face, or body protective equipment, the referee shall require the removal of the article; if the player fails to remove it, the official will remove the player from the match. A player shall not wear anything that is dangerous to another player or themselves. This includes slings, casts, face masks, unless for the purpose of a face injury, and jewelry. No shirts with pockets, hats must be worn backwards and no metal cleats are allowed. Knee braces with any metal parts are permissible provided no metal is exposed. Casts are permissible if they are covered and in the judgment of the official are not dangerous.

B. Guards, Braces, prosthesis and other equipment are all subject to approval by the Official. The official will make their determination with the safety of all players in mind. No equipment, guards, braces or prosthetics will be allowed that give the player an unfair advantage over other players or may harm the individual more.

4.00 The Game

Teams must have the same colored jerseys with numbers on back.

1. **Game Time Limit:** There will be 2, **(30) thirty minute** halves with a 5 minute half time.
2. **Time Outs:** Each team will have 2 time outs per half. Time outs will last 1 minute.
3. **Length of Field:** The playing field will be 80 yards long and 40 yards wide. It will be divided into 10 yard lines
EZ/GL/10/20/30/40/30/20/10/GL/EZ (There will be two 10 yard end zones).
4. **First Downs:** The playing field has 2-goal lines, 2-10 yard lines, 2-20 yard lines, and 2-30 yard lines and 1- 40 yard line. A first down will be awarded if a team reaches one of the 10 yard lines. For example, if a team begins on the 15 yard line, that team only has to advance 5 yards to the next 10 yard line in order to get a first down (in 4 positions). On the fourth possession, a team may elect to punt the ball to the other team, or go for the first down. If a team goes for the first down (or score) on the fourth down and is not successful, the defensive team will take possession of the ball.
5. **Number of Players on Field:** There will be 8 players for each team on the field at one time. 5 of those players must be on the line of scrimmage at the time the ball is snapped. **A minimum of 7 players will be allowed.**
6. **Motion:** Only one man/woman can be in motion at the snap of the ball.
If 2 players are found to be in motion before the snap of the ball, **Both** of the players must stop, and reset for 1 second. Shifting is legal at any time. All players who shift still must reset for 1 second. A player in motion **is not** counted as one of the five players on the scrimmage line.
Penalty: Illegal Procedure-5 yards
7. **Scoring:**
TOUCH DOWN = 6 pts.
SAFETY = 2 pts.
EXTRA POINTS = 1pt. (Run or pass from 3 yard line)
2pt. (Run or pass from the 10 yard line)

Field Goals may be used if the field has goal posts.

Captain may *only change his/her mind if he/she has a time out.*

8. **KICK OFF:** **There will be a kick off to begin each half and after each score.**

9. **Touch Back:** After a touch back the ball is placed at the 15 yard line.

Onside Kicks: There are **NO** on side kicks allowed. The kicking team cannot recover a kick.

Fourth Down Situations: (Punts): A team must declare their intentions prior to the play. A team may only punt the ball during fourth down situations. **(Throwing in lieu of a punt will not be allowed.)** No rushing is allowed on declared punt situations. Punts that hit the ground may be picked up and advanced by the receiving team.

Safety:

A safety is scored when a player carries the ball into their own end-zone and the ball becomes dead in the offensive team's possession.

A safety may also be scored if a player kicks, passes, snaps, fumbles, muffs or bats a ball into their own end-zone.

Or when the offense commits a foul in their own end-zone.

The kick will take place at the 30-yard line. The receiving team (5 people) must be on the 30 yard line

Huddles: Each team will be able to huddle for 25 seconds before the next play.

Ball Requirements: Men shall use the regulation size ball and women shall use either a junior size ball.

Flag Requirements: A flag belt with 2 flags, one will be on each hip. Flags must be worn by both the offense and defense. If flags fall off inadvertently, revert to **1-hand touch. Flags may not be covered by clothing. Shirts, including sweatshirts, must be tucked inside shorts or pants. Shorts must not have pockets.**

Possession: At the beginning of the game, a coin will be tossed to determine who kicks and who receives the ball. The team not having the choice in the first half will have the choice at the beginning of the second half.

Running of Clock: The clock will run continuously except under the following conditions: After scoring, time-outs, and during the last two minutes of each half. During the last two minutes of each half, the clock will be stopped for the following: scoring, time-outs, two minute warning, incomplete passes, out-of-bounds, first downs, penalties, and for administrative purposes.

Overtime: Each team will receive 4 plays from the 10 yard line, unless given an opportunity to repeat the down due to penalty, or given a new series of downs by penalty. If neither team scores, the process will continue. If both teams score the same number of points, the process will still continue. Both teams must have an equal chance of scoring.

If the ball is intercepted, ball cannot be run back to the other end of the field, but offensive team loses possession of the ball and ends that series for them.

Inadvertent whistle: During a running play, if an inadvertent whistle is blown, the team with possession of the ball has the option of replaying the down, or accepting the result of the play. If the whistle is blown while the ball is loose, the down will be replayed.

PADDING RULE:

No pads above the waist!!

Any exposed metal, like knee brace or ankle brace must be covered.

Casts are not allowed.

Pads that are used for medical reasons cannot be used as a defensive or offensive mechanism.

21. Handling the ball

A player may hand the ball backward at any time

A player may hand the ball forward if the player is behind the line of scrimmage. Note: The following guideline for a player starting on the line of scrimmage: To any line player who has clearly faced his/her goal line by moving both feet in a half-turn and is at least one yard behind the line when he/she receives the ball.

Sidelines Catch: When a receiver leaps in the air for a catch near the sidelines, he/she must have at least one foot in bounds when he/she hits the ground for the catch to be awarded.

23. Forward and Backward Passes

Every member of a team is eligible to catch a pass.

2. Only one forward pass allowed per down (no matter how it's thrown)
3. For legal forward passes, the quarterback must release the ball behind his/her scrimmage line. NOTE: It is legal for a player to cross the scrimmage line and retreat back behind the scrimmage line to attempt a forward pass.
4. The quarterback will be allowed to take the snap and immediately throw the ball to the ground to stop the clock.
5. A player may pass the ball backward any time except if intentionally thrown out of bounds to conserve time.
6. If the passer is deflagged prior to releasing the ball, the ball is dead

and the ball will be placed at the place of being deflagged.

24. Blocking: Blocking is legally obstructing an opponent by contacting the opponent with any part off the blocker's body. Blockers must be on their feet before, during, and after contact is made with an opponent. Two on one blocking shall be limited to the area on and behind the neutral zone. Under no condition shall a high-low or rolling block be permit.

Blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders.

Exception: A blocker who loses personal body control due to an opponent's aggressiveness after contact shall not be penalized.

Contact with an opponent may occur only between the opponent's waist and neck. There shall be no cross body blocking. Downfield blocking is permitted and at any time can be removed by Durham Parks & Recreation. *Players who push or shove unnecessarily will receive a personal foul penalty.*

Players shall be limited to the following: 1) In all instances blockers must be on their feet when blocking. Accidentally falling when attempting a block is not an illegal block. 2) When using a hand or forearm to block, the elbow must be entirely outside the shoulder. 3) The blocker's hands may not be locked. 4) The blocker may not swing, throw, or flip the elbow or forearm. 5) The hands may be closed or cupped but the palms can be facing the opponent being blocked. 6) There shall be no two on one blocking beyond the line of scrimmage. 7) Blocking below the waist is illegal. 8) Offensive player may use an extended arm (pro block) providing palms are facing opponent and blocker is either stationary or moving backward. Penalty: Illegal block: 10 yards.

25. Knee Touching Ground: If a ball carrier's knee touches the ground, the ball is dead.

26. Diving: Diving to pull a flag or make a tag is legal.
Diving to advance the ball is illegal.

27. Snaps: Snapping the ball (a snap) is handing or passing it back from the position on the ground. In a legal snap, the movement must be a quick and continuous motion of the hand or hands during which the ball actually leaves the hand or hands. The ball may not be raised more than a 45 degree angle at the snap and the long axis of the ball must be at right angles to the scrimmage line. The snapper must pass the ball through his/her legs, and must be facing down field during snap. All snaps that hit the ground are dead.

28. Direct Snaps: The person receiving the ball will be directly under the snapper. Quarterbacks can not advance the ball past the line of scrimmage.

29. Shot Guns: The person receiving the snap must be at least two yards behind the snapper.

30. Fumbles: Dead at the spot.

31. Muffs – During kicks, if the ball touches the receiver or goes through their hands the ball is considered "live" and can be picked up by the opposing team. The player can also pick up the ball and continue downfield.

Penalty Chart

Offense

Penalty

Obstruction of Runner

10 yards

Intentional Grounding

10 yards

Roughing the Passer

10 yards, automatic first down

Illegal Motion	5 yards
Illegal Shift	5 yards
Illegal Procedure	5 yards
Illegal Snap	5 yards
Illegal Block	10 Yards
Flag Guarding	10 yards, loss of down
Offensive Pass Interference	10 yards, loss of down
Defensive Pass Interference	10 yards, automatic first down
Spiking Ball	10 yards
Taunting (warning, possible ejection)	10 yards
Profanity	1 st offense-10 yards, warning 2 nd offense-ejection and 20 yards
Personal Foul (Stealing, Blocking)	10 yards
Unsportsmanlike Conduct	20 yards
Offsides	5 yards

32. Obstruction of the Runner: The defensive player cannot hold, grasp or stop the forward progress of a runner in their attempt to make a tag or pull a flag. *Penalty: 10 Yards.*

33. Flag Guarding: *10-yard penalty* and a loss of down. The enforcement spot will be the spot of the foul.

34. Intentional Grounding: A QB may throw the ball straight down to stop the clock under 2 minutes in the first half and under 2 minutes in the second half. If a quarterback grounds the ball before the 2 minute warning, he/she will be assessed a *10 yard penalty*.

35. Profanity will NOT be tolerated anywhere on the field.

First time offenders: Unsportsmanlike penalty of 10 yards.

Second time offenders: Ejection and 20 yard penalty.

36. Roughing the Passer: *An automatic 1st down, plus a 10 yard penalty.* Penalty yardage will be tacked on to any gain. If the defender contacts the passer's arm, whether or not he/she touched the pass, it is roughing the passer.

37. NO baiting or taunting of opponents either on the field or from the sidelines. *Penalty: 10 yards.*

38. NO spiking or throwing of the ball whether in anger or glee. *Penalty: 10 yards. NO WARNING!!*

39. Offensive Pass Interference: *Loss of down and 10-yard penalty* assessed from the line of scrimmage.

40. Illegal Shift: All offensive players must come to a complete stop and remain stationary in legal position without any movement for at least one full second before the snap. *Penalty: Illegal Shift-5 yards.*

41. Illegal Snap: The player snapping the ball must pass the ball back from its position on the ground with a quick continuous motion. *Penalty: Illegal Snap-5 yards.*

42. Stealing: It is illegal to attempt to steal a ball in a player's possession. The object of the game is to deflag a ball carrier. *Penalty: Personal Foul-10 yards.*

43. Illegal Blocking: See rule #24. *10 yard penalty.*

44. Interception on an extra point attempt: Dead ball. Ball will be automatically be placed on 15 yard line.

45. Running – Ball carriers' are supposed to run the clear field. If the ball carrier runs into a defensive player who has established position, it is illegal and called runner charging.

5.00 Miscellaneous Information

5.01 Important Information

A. The team manager, as listed on the roster form, will serve as the official team representative of his/her team. Written and verbal communication from the Parks & Recreation Department will be directed to this individual. If unavailable, the listed assistant manager will serve as backup. It is the responsibility of these individuals to notify all players of necessary information, schedule changes, etc.

B. Neither the Durham Parks & Recreation Department nor the City of Durham carries individual medical insurance on any participants in its athletic programs. Therefore, due to the nature of athletic activities, it is advised that all participants secure their own medical insurance before they participate.

C. Each individual is responsible for his/her own belongings. Be careful not to leave items lying around or unattended during games. Items left in cars should be locked in trunk.

D. Parking illegally on the grass, in medians, or in NO PARKING zones may result in ticketing or towing of the vehicle.

E. Be sure to bring your own practice balls for warm-ups. **WE DO NOT FURNISH EQUIPMENT FOR YOU TO WARM UP WITH!**

F. ALL DEPARTMENTAL STAFF have the right to eject anyone from a facility.

G. In order to continue to offer such programs, we all must adhere to certain rules:

1. Please put all trash in receptacles.
2. Vacate facility in a timely manner.
3. Drinking or possession of alcohol will not be allowed at any facility. Refusal to comply with these rules will result in the suspension from the league for the remainder of the season. Other rules of conduct penalties may apply.

H. Inclement weather:

1. **Decisions on game cancellations WILL NOT BE MADE UNTIL 4:30 PM daily.**
2. **If the first game of the day is cancelled, all games will be postponed.**
4. Cancellation information may be obtained by calling 560-4636, then punching code 2121 for situations that may be determined prior to 4:30 pm, Monday through Friday.
5. **NO INFORMATION REGARDING CANCELLATIONS WILL BE GIVEN OVER THE MAIN OFFICE NUMBER.** **In order not to tie up the cancellation number, please designate one or two members on each team who are responsible for calling regarding cancellation information.**

Revised June 2, 2008